



# UNITED STATES MARINE CORPS

COMMANDER, MARINE FORCES RESERVE  
4400 DAUPHINE STREET  
NEW ORLEANS, LOUISIANA 70146-5400

# ORIGINAL

ForO 6200.1

G-3T

21 NOV 1995

## FORCE ORDER 6200.1

From: Commander  
To: Distribution List

Subj: SEMPER FIT 2000

Ref: (a) SECNAVINST 6100.5  
(b) MCO 6200.4

Encl: (1) Semper Fit 2000 Health Program Objectives for the Year 2000  
(2) Semper Fit 2000 Level One  
(3) Semper Fit 2000 Annual Training Plan  
(4) Semper Fit 2000 "Continental Marine" Timeline

1. Purpose. To establish the Semper Fit 2000 Program which is a comprehensive Marine Forces Reserve (MARFORRES) health promotion program as required by reference (a) and outlined for the Marine Corps in reference (b).

2. Information. Semper Fit encourages healthy lifestyles which result in increased productivity, reduced medical costs, and greater military preparedness. Semper Fit 2000 consolidates programs already mandated by separate directives previously published on health and fitness. Semper Fit 2000's objectives are found in enclosure (1). The first year milestones for achieving these year 2000 objectives are found in enclosure (2).

3. Background. MARFORRES has a responsibility to its personnel, military (active, reserve, and retired), civilian, and dependents, to maintain and encourage a high state of health and military readiness. Approximately 50 percent of all deaths and illnesses in the United States relate directly to unhealthy lifestyle habits; primarily poor diet, lack of exercise, alcohol abuse, smoking, and unmanaged stress. Additional compromises to health and productivity result from undiagnosed or inadequately controlled hypertension (high blood pressure) and lower back injuries. Positive lifestyle and behavioral changes should result in optimal health, and enhanced quality of life, and improved combat readiness for the MARFORRES. Semper Fit 2000 is a combination of health education and related organizational, social, economic, and health care interventions designed to improve or protect health.

21 NOV 1995

4. Scope. Semper Fit 2000 applies to all MARFORRES personnel (active, reserve, and retired) and dependents. Civilian employees, both appropriated and non-appropriated fund employees, may participate on a strictly voluntary basis. However, this Order does not override provisions of existing civilian collective bargaining agreements until their expiration. Prior to implementing this Order for civilian employees, activities must, where applicable, discharge their labor relations obligations.

5. Policy. The MARFORRES will ensure total force and family readiness and maximize individual performance by adopting a variety of programs which encourage healthier lifestyles and a quality of life at least equal to that of the nation which we defend. MARFORRES's policy for each element of the Semper Fit 2000 Program is consistent with reference (b) and is as follows:

a. Tobacco Use and Cessation. To create a safe, healthy, and unpolluted environment which supports abstinence and discourages the use of tobacco products per SECNAVINST 5100.13A and MCO 6200.3.

b. Physical Fitness and Sports. Provide all personnel with opportunities and incentives to establish healthy and active lifestyles in order to achieve and maintain physical fitness and body composition standards per MCO 6100.10B.

c. Back Injury and Muscle Strain Prevention. Provide all personnel with education and training programs to reduce the incidence of injuries related to back or other muscle strains. These programs will assist MARFORRES personnel in establishing and maintaining proper posture, body mechanics, lifting skills, and a safe work environment.

d. Nutrition Education and Weight/Fat Control. Develop and implement comprehensive weight/fat control education and nutrition programs to achieve and maintain an optimal level of nutritional health and body composition for all MARFORRES personnel per MCOs 6100.10B and P10110.17C.

e. Stress Management. Provide assistance to personnel in developing adaptive coping skills to better deal with stress per MCO P1700.24A. Because of the preventable loss of life each year to suicide, suicide awareness and prevention will be emphasized in stress management training.

f. Alcohol and Drug Abuse Prevention and Control. Provide all personnel with programs and initiatives that prevent alcohol/drug abuse and addiction, address early intervention, and provide drug and alcohol rehabilitation to break the cycle of addiction per MCO P5300.12.

21 NOV 1995

g. Hypertension Education and Control. Provide all personnel with programs for early hypertension identification, information on factors influencing blood pressure (e.g., diet, exercise, medications) and treatment referral where indicated per MCO P5300.12.

h. Sexually Transmitted Diseases. Provide all personnel with information on the impact of sexually transmitted diseases, Acquired Immune Deficiency Syndrome (AIDS) in particular, on individuals and on the Marine Corps and to introduce them to various ways to increase prevention per SECNAVINST 5300.30C.

6. Action

a. Assistant Chief of Staff, G-1, MARFORRES will:

(1) Assign a Semper Fit 2000 Liaison Officer to provide information on Substance Abuse and who will attend the quarterly Semper Fit 2000 committee meetings.

(2) Provide the Semper Fit 2000 committee with information on civilian employment regulations and their ability to participate in the Program.

b. Assistant Chief of Staff, G-3, MARFORRES will:

(1) Appoint a Semper Fit 2000 officer.

(2) Coordinate Semper Fit 2000 requirements with assigned MARFORRES Semper Fit 2000 liaison officers to ensure compliance with reference (b).

(3) Chair the MARFORRES Semper Fit 2000 committee which will consist of the MARFORRES Semper Fit 2000 officer, alternate, and all assigned liaison officers and will meet during the second month of each quarter.

(4) Identify budgeting requirements to ensure proper implementation of the Program.

(5) Coordinate training and information for all subordinate commands within MARFORRES.

(6) Submit status reports to CMC (MHH), as directed.

c. Assistant Chief of Staff, G-4, MARFORRES will:

(1) Appoint a Semper Fit 2000 liaison officer from the medical staff who will also act as the alternate to the Semper Fit 2000 officer.

21 NOV 1995

(2) Coordinate the medical support for the health promotion program to include information and instruction on:

- (a) Tobacco use prevention and cessation.
- (b) Physical Fitness and Sports.
- (c) Back injury and muscle strain prevention.
- (d) Nutrition education and weight/fat control.
- (e) Stress management and suicide prevention.
- (f) Alcohol and drug abuse prevention and control.
- (g) Hypertension screening, education, and control.
- (h) Sexually transmitted diseases.

(3) Provide the Semper Fit 2000 Coordinator with bi-monthly health information to publish in the Continental Marine on topics identified in enclosure (3).

d. Assistant Chief of Staff, G-7, MARFORRES will: Include this program in the Command's Inspection Program to ensure that units are complying with enclosures (1) and (2).

e. MARFORRES Chaplain will:

(1) Be the Semper Fit 2000 liaison officer for religious support and family services.

(2) Attend the quarterly Semper Fit 2000 committee meeting.

(3) Provide the MARFORRES Semper Fit 2000 officer with information to be included in the "Continental Marine".

(4) Provide information and instruction to Headquarters Battalion for active duty, reserve, civilian, and dependents.

f. MARFORRES Public Affairs Officer will:

(1) Attend quarterly Semper Fit 2000 committee meetings as a special advisor.

(2) Publish information provided by the Semper Fit 2000 officer in the "Continental Marine". Enclosure (4) is a timeline guide for submission in the "Continental Marine".

(3) Assist the Semper Fit 2000 officer in the promotion of the Program by preparing flyers and pamphlets containing health promotion information.

g. Commanding Officer, Headquarters Battalion, MARFORRES will:

(1) Appoint a Semper Fit 2000 officer to ensure that training is scheduled to support this Program and attend the quarterly Semper Fit 2000 committee meeting.

(2) Coordinate instruction of the eight elements contained in this Order. Enclosure (3) is a guide to assist in the implementation of the Semper Fit 2000 Program.

h. Commanding Generals, Commanding Officers, and Officers in Charge will:

(1) Include Semper Fit 2000 Program compliance and evaluation as part of the Command Inspection Program. Enclosure (3) is a guide to assist in the implementation of the Semper Fit 2000 Program.

(2) Sponsor and/or participate in local community activities that enhance and encourage physical fitness (especially youth oriented activities) in support of Semper Fit 2000 Programs.

(3) Assign health promotion responsibilities to the command Semper Fit 2000 officers and provide training to assist them in their duties.

(4) Ensure command orientation programs include information on where to obtain Semper Fit 2000 assistance and resources.

(5) Promote a smoke-free working environment per SECNAVINST 5100.13A, and issue a written tobacco use policy which includes a list of designated smoking areas.

(6) Ensure that food service personnel plan general mess menus that promote healthy food choices and support health enhancing decisions in the food service environment per MCO P10110.17C.

(7) Ensure that all lost workday cases associated with back pain or other muscle strains are reported.

(8) Encourage sponsorship or participation in an annual health fair during May (National Hypertension and Physical Fitness and Sports Month). Assistance is available from local medical treatment facilities, family service centers, and Morale Welfare and Recreation (MWR) departments. The Health Fair Resource Guide is available from the Marine Corps Publications and Forms Center, Philadelphia, PA.

(9) Use command religious programs, family service centers, and local medical treatment facilities as the primary resources for development of command stress management programs. Address stress management by ensuring:

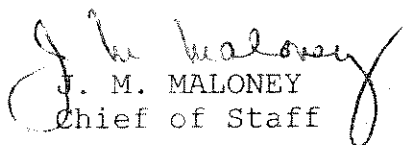
(a) the availability of programs designed to support personnel and their families as they deal with day to day stresses per MCO P1700.24A; and

(b) Crisis response debriefings following situations which could cause traumatic stress.

(10) Promote leadership practices that reduce job related stress through programs that enhance a condition of mental alertness and physical well-being among members of their command (e.g., quality of life policies, equal opportunity, sexual harassment, MWR programs, counseling services, etc.).

i. All personnel are ultimately responsible for their own lifestyle choices and physical readiness. All personnel will become familiar with the Semper Fit 2000 policies, objectives, and assistance resources and will comply with the conditions set forth in this Order.

7. Reserve Applicability. This Order is applicable to the Marine Corps Reserve.

  
J. M. MALONEY  
Chief of Staff

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21 NOV 1995

**SEMPER FIT 2000 HEALTH PROGRAM  
OBJECTIVES FOR THE YEAR 2000**

1. The Marine Corps Semper Fit 2000 Program objectives are based on the DoD objectives which were adopted from the National Health objectives for the Year 2000. The areas addressed are: tobacco use prevention and cessation, physical fitness and sports, back injury and muscle strain prevention, nutrition education and weight/fat control, stress management and suicide prevention, alcohol and drug abuse prevention, and hypertension screening, education, and control and sexually transmitted diseases.

2. The objectives listed below are the ultimate objectives for the Marine Corps to achieve by the year 2000. Participation in surveys discussed in these objectives is completely voluntary and the names of participants are held confidential.

3. Intermediate milestones toward these final objectives are addressed as levels of the Semper Fit 2000 Program. The levels subsequent to Semper Fit Level One will be promulgated by Marine Corps Bulletin. Semper Fit Level One and the format for subsequent levels are delineated in enclosure (2) of this Order.

4. Objectives

a. Tobacco use prevention and cessation

(1) Increase to 100 percent the number of major commands that offer tobacco use cessation programs for Marines, their family members, retirees, and civilian employees.

(2) Increase to 100 percent command sponsored tobacco use cessation programs available during pregnancy to female Marines, Marine spouses, retirees, and civilian employees.

(3) Increase to 100 percent the number of commands with a formal policy that prohibits use of tobacco products by anyone at any Marine Corps workplace.

(4) Reduce to zero the number of Marines who use tobacco products at their place of duty.

(5) Reduce by 80 percent the number of Marines who report on a survey that they use tobacco products away from their place of duty. (USMC Baseline: In 1988, 41.3 percent of Marines used cigarettes, 33 percent used cigars/pipes, and 32.7 percent used smokeless tobacco.)

ENCLOSURE (1)

b. Physical Fitness and Sports

(1) Increase to 100 percent the number of major commands with formal policy and publicity campaigns encouraging participation in fitness programs by Marines, their families, retirees, and civilian employees.

(2) Increase to 90 percent the number of Marines, their family members, retirees, and civilian employees who report on a survey that they participate in moderate physical activities (such as walking or gardening) 3 or more days per week for 30 or more minutes per occasion.

(3) Increases to 95 percent the number of Marines who participate in vigorous physical activities (such as running, hiking, swimming, aerobics, etc.) that promote the development and maintenance of cardiorespiratory fitness 3 or more days per week for 30 or more minutes per occasion.

(4) Increase to 95 percent the number of Marine who perform, three or more times per week, physical activities that maintain muscular strength, muscular endurance, and flexibility (such as push-ups, pull-ups, sit-ups, bends, and thrusts).

(5) Increase to 100 percent the number of Marines who receive annual instruction on benefits of regular exercise.

(6) Increase to 33 percent the number of Marines, their family members, retirees, and civilian employees who report on a survey that they participate during a calendar year in the physical activity programs of at least one community organization, to include MWR activities.

(7) Major commands are encouraged to provide adequate running, walking/hiking, and cycling trails.

c. Back Injury and Muscle Strain Prevention

(1) Increase to 100 percent the number of major commands that provide recurring programs for Marines, their family members, retirees, and civilian employees such as back injury and muscle strain prevention seminars and workshops to reduce back injury and muscle strain.

(2) Increase to 100 percent the number of major commands that provide paid work time once a year for civilian employees to attend a 1-hour seminar or workshop provided by the command under the previous paragraph.

(3) Increase to 100 percent the number of major commands that provide a 1-hour back injury and muscle strain prevention seminar or workshop to Marines as part of annual training.



21 NOV 1995

d. Nutrition Education and Weight/Fat Control

(1) Increase to 100 percent the number of major commands that provide a 2-hour nutrition and body weight management seminar or workshop to Marines as part of annual training. Training will include specific information on food content (fat, cholesterol, fiber, sodium, sugar, and caffeine), body weight management strategies (such as behavior modification, food planning, exercise), and recognition and referral for eating disorders.

(2) Increase to 90 percent the number of Marines who report on a survey that they track the content of foods they eat (fat, cholesterol, fiber, sodium, sugar, and caffeine).

(3) Increase to 70 percent the number of family members, retirees, and civilian employees who report on a survey that they track the content of foods they eat (fat, cholesterol, fiber, sodium, sugar, and caffeine).

(4) Increase to 70 percent the number of Marines, their family members, retirees, and civilian employees who report on a survey that they eat at least three servings daily of raw vegetables, whole grain products, and other high-fiber foods.

(5) Increase to 90 percent the number of Marines who report they eat at least one serving daily of calcium-rich foods.

(6) Increase to 70 percent the number of Marines, their family members, retirees, and civilian employees who report on a survey that they utilize food nutritional content labels to make food selections.

(7) Reduce to 35 percent the number of Marines, their family members, retirees, and civilian employees who report on a survey that they consume more than three servings of caffeine containing foods and beverages per day.

(8) Decrease to .1 percent the number of Marines who exceed their maximum weight standard per MCO 6100.10A.

(9) Decrease to 25 percent the number of family members, retirees, and civilian employees whose height and weight as reported in a survey, fall in the overweight categories of the insurance industry's standard tables.

(10) Increase to 100 percent the number of Marines identified for weight control or military appearance who receive nutritional education and eating behavior modification training as part of their weight control program.

ENCLOSURE (1)

ForO 6200.1  
21 NOV 1995

(11) Increase to 100 percent the number of Marine identified for weight control or military appearance who are provided specific details to enable them to participate in weight control programs.

(12) Increase to 100 percent the number of major commands that sponsor, through advertising and/or pro bono use of facilities, weight control support groups for military members, their families members, retirees, and civilian employees.

e. Stress Management

(1) Increase to 100 percent the number of major commands that provide recurring programs for Marines, their family members, retirees, and civilian employees such as stress management and suicide prevention seminars and workshops to reduce and manage stress.

(2) Increase to 100 percent the number of major commands that provide paid work time once a year for civilian employees to attend a 2-hour stress management and suicide prevention seminar or workshop provided by the command under the previous paragraph.

(3) Increase to 100 percent the number of major commands that provide a 2-hour stress management and suicide prevention seminar or workshop to Marines as part of annual training.

f. Alcohol and Drug Abuse Prevention

(1) Increase to 100 percent the number of Marines who receive annual training on the medical hazards of alcohol consumption/substance use.

(2) Increase to 100 percent the number of Marines who receive annual training on the recognition of alcohol abuse, alcohol dependence, substance abuse, and substance dependence.

(3) Increase to 100 percent the number of Marines who receive annual training on the impact of alcoholism and substance abuse on families.

(4) Increase to 100 percent the number of Marines who receive annual training on self-referral and referring others for appropriate intervention for alcohol and substance use, abuse, or dependence, to include Marine Corps policies and procedures and Marine Corps treatment programs.

(5) Increase to 100 percent the number of major commands that provide annual training seminars and workshops for family members, retirees, and civilian employees on the impact of alcoholism and substance abuse on families, the medical hazards of alcohol

ENCLOSURE (1)

consumption and substance use, and self-referral and referral for others to appropriate Marine Corps and community agencies.

(6) Increase to 100 percent the number of major commands that provide paid work time once a year for civilian employees to attend a 1-hour alcohol and substance abuse seminar or workshop provided by the command under paragraph 4f(5) of this enclosure.

(7) Increase to 100 percent the number of major commands that provide direct support through advertising and/or pro bono use of facilities, support groups which help alcoholics, addicts, and their families with recovery.

(8) Reduce to 33 percent the number of Marines who report on a survey that they consume two to four alcoholic beverages at least once per week, or more than four alcoholic beverages three times per month.

(9) Reduce by 50 percent (from the 1990 baseline) the number of driving while intoxicated/driving under the influence aboard installations convictions among Marines.

(10) Decrease by 50 percent (from the 1990 baseline) the number of Marines detained or arrested either on or off installations for alcohol or drug related incidents.

g. Hypertension

(1) Increase to 100 percent the number of Marines, their family members, retirees, and civilian employees who report on a survey that they know the importance of having regular blood pressure checks.

(2) Increase to 100 percent the number of Marine who have their blood pressure checked at least once every 6 months.

(3) Increase to 60 percent the number of family members, retirees, and civilian employees who report on a survey that they have their blood pressure checked at least once every calendar year.

h. Sexually Transmitted Diseases

(1) Reduce by 100 percent the number of Marines, their family members, retirees, and civilian employees who receive medical treatment for sexually transmitted diseases.

(2) Increase by 100 percent the number of Marines who report on a survey that they have received a class on sexually transmitted diseases within the last 12 months.

ENCLOSURE (1)



SEMPER FIT 2000 LEVEL ONE

1. The Semper Fit 2000 Program will be implemented in levels which are the intermediate milestones toward the final objectives for the year 2000 which are found in enclosure (1). The first Semper Fit Level milestones are contained in this enclosure.
2. Semper Fit 2000 Level Two, subsequent levels, and their milestones will be promulgated by Marine Corps Bulletin. The levels will be stated in percentage accomplishment of the objective listed in enclosure (1) of this Order. For example, Semper Fit Level Two, when announced, may state the following: During this year the following objectives will be reached at 100 percent: 4a(3) and 4b(5); the following objectives will be reached at 50 percent: 4b(6) 4c(1) where paragraphs and numbers refer to the objectives as listed in the enclosure (1) of the basic order. Each level will represent the minimum accomplishments required.
3. No additional funds are available from HQMC to support publicity. The Marine Corps Health Affairs Officer compiles, maintains, and promulgates a reference list of publicity and educational materials, including video tapes which are current and germane. The initial list is provided at implementation training and updated information will be promulgated via message or bulletin.
4. Semper Fit Level One - ALPHA is composed of the following objectives which must be met by MARFORRES no later than 1 October 1995:
  - a. Appoint a Semper Fit 2000 Officer and an alternate.
  - b. At each Command, send appointment letter to MARFORRES (G-3T).
  - c. Coordinate between key players at command whose agencies/ areas are part of Semper Fit responsibility.
  - d. Establish a Command Committee at MARFORRES.
  - e. Formulate a publicity plan.
  - f. Identify budgeting requirements.
  - g. Unit Commanders report program status to MARFORRES via monthly operations and situation report.

ENCLOSURE (2)

ForO 6200.1  
21 NOV 1995

h. MARFORRES (G-3T) report program status to CMC (MHH) via naval message.

5. Semper Fit Level One - BRAVO is composed of the following objectives which must be met by MARFORRES no later than 1 December 1995:

a. Complete staffing and sign local order.

b. Implement the publicity plan.

c. Incorporate training session for Commanding Officers and Inspectors Instructors at I-I Enrichment Course explaining what the program does for them, actions required of them, and resources available.

d. Set command milestones for year two after receipt of Marine Corps bulletin.

e. Continue publicity.

f. Set date to begin Troop Information Program.

g. Unit Commanders report programs status to MARFORRES (MHH) via monthly Operations and Situation Report.

h. MARFORRES (G-3T) report program status to CMC (MHH) via naval message.

ENCLOSURE (2)

**SEMPER FIT 2000**  
**ANNUAL TRAINING PLAN**

1. The following plan will be used as a guide to assist all commands in the implementation of the Semper Fit 2000 Program. Related information will be published in the "Continental Marine" and will satisfy unit training requirements; however, units are encouraged to provide supplemental information and instruction when their schedule permits.

<u>MONTH</u>	<u>SUBJECT</u>
October	Sexually Transmitted Diseases
November	Tobacco Use and Cessation
January	Weight and Fat Control
March	Nutritional Education
April	Alcohol and Drug Abuse
May	Physical Fitness and Sports
June	Back Injury and Muscle Strain
August	Hypertension Education and Control
September	Stress Management and Suicide Prevention

ENCLOSURE (3)





21 NOV 1995

SEMPER FIT 2000  
"CONTINENTAL MARINE" TIMELINE

1. In order to ensure that proper time is permitted to allow the Public Affairs Office (PAO) to include essential Semper Fit 2000 information in the "Continental Marine", the following timeline is established.

- P-60 Proposed Information Submitted to the Semper Fit 2000 Coordinator.
- P-45 Approved Information Submitted to PAO for Inclusion in the "Continental Marine".
- P-30 PAO Sends Information to the Typesetter.
- P-Day Continental Marine is Published.
- P-15 Reserve Centers Receive "Continental Marine".

ENCLOSURE (4)

